

Sweet Recipes

Hotcross buns

RECIPE BY www.fabulousfoods.com

Ingredients: 1 C milk • 2 T yeast • 1/2 C sugar • 2 tsp. salt • 1/3 C butter, melted • and cooled • 1 tsp. cinnamon • 1/2 tsp. nutmeg • 4 eggs • C flour • 1 1/3 C currants or raisins • 1 egg white

Glaze: 1 1/3 C confectioners sugar • 1 1/2 tsp. finely chopped • lemon zest • 1/2 tsp lemon extract • 1-2 T milk

In a small saucepan, heat milk to very warm, but not hot (110°F if using a candy thermometer). Fit an electric mixer with a dough hook. Pour warm milk in the bowl of mixer and sprinkle yeast over. Mix to dissolve and let sit for 5 minutes.

With mixer running at low speed, add sugar, salt, butter, cinnamon, nutmeg and eggs.

Gradually add flour, dough will be wet and sticky, and continue with dough hook until smooth, about 5 minutes. Detach bowl, cover with plastic wrap and let the dough "rest" for 30-45 minutes.

Return bowl to mixer and knead until smooth and elastic, for about 3 more minutes. Add currants or raisins and knead until well mixed. At this point, dough will still be fairly wet and sticky. Shape dough in a ball, place in a buttered dish, cover with plastic wrap and let rise overnight in the refrigerator. Excess moisture will be absorbed by the morning.

Let dough sit at room temperature for about a half-hour. Line a large baking pan with parchment paper. Divide dough into 24 equal pieces. Shape each portion into a ball and place on baking sheet, about 1/2 inch apart. Cover with a clean kitchen towel and let rise in a warm, draft-free place until doubled in size, about 1 1/2 hours.

In the meantime, pre-heat oven to 400° F. When buns have risen, take a sharp or serrated knife and carefully slash buns with a cross. Brush them with egg white and place in oven. Bake for 10 minutes, then reduce heat to 350° F, then bake until golden brown, about 15 minutes more. Transfer to a wire rack. Whisk together glaze ingredients, and spoon over buns in a cross pattern. Serve warm, if possible (Hot Cross Buns).

Page By: Maddie,

Annie + McKenzie

Why I like Hot Cross Buns

I am pretty positive I will like Hot Cross Buns even though I have never tried them. They sound really good from all I have heard about Hot Cross Buns. I decided to make Hot Cross Buns because they sound like a good recipe for Easter.

— MCKENZIE H.S.W., 3rd grade



Rock Candy

5 skewers about 11"

2 1/2 cups

sugar

1 cup Water

*Food coloring

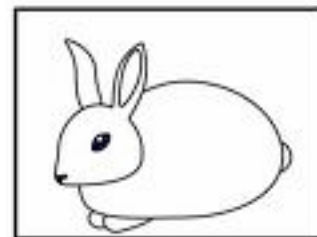
*Flavoring



First find a large rectangular casserole pan with edges about 2 1/2 in. tall. Then pour all the sugar into the bottom of the pan, pour in the water too, stir until sugar is completely dissolved. Then line up the skewers and place them in the sugar water. *If you want to add coloring and flavoring you can do that now. Put them somewhere other than the freezer or refrigerator to set for one week. The candy should grow onto the sticks like crystals if you did it right!

Why I like Rock Candy

I like rock candy, because It is sweet, chunky and last a long time. It is fun to make and can be made with out to much work.



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